



Brief Interventions for Nicotine Addiction

The 5As

Ask

Ask about tobacco use:

“Do you currently smoke or use other forms of tobacco?”

Advise

Advise the patient to quit:

“Quitting tobacco is one of the best things you can do for your health. I strongly encourage you to quit.”

Assess

Assess readiness to quit:

“Are you interested in quitting? Have you tried to quit before?
What methods have you used in previous quit attempts?”

Assist

Assist the patient in quitting:

Provide brief counseling about the risks of smoking, the rewards of quitting, the roadblocks to quitting, and the importance of getting social support.

When appropriate, provide a prescription for an FDA-approved smoking cessation medication including varenicline, bupropion, or nicotine replacement therapies (NRT: patch, gum, lozenge, inhaler, nasal spray).

Combine long acting (nicotine patch) plus short acting NRT (e.g., patch or lozenge) for the best chance for a successful quit.

See USPHS Clinical Guidelines for Treating Tobacco Dependence for more information on medication effectiveness.

Arrange

Arrange for follow up:

Follow up regularly with patients who are trying to quit.

For additional help, visit TalkToYourPatients.health.ny.gov
or call the New York State Smokers' Quitline 1-866-NY-QUITS, 1-866-697-8487.



Department
of Health